

# Dairy

**Dairy products are power-packed with 9 essential nutrients:**

- Calcium
- Vitamin D
- Protein
- Potassium
- Vitamin A
- Vitamin B12
- Riboflavin
- Niacin
- Phosphorus

Three servings per day of lowfat dairy are recommended

## What is a serving of dairy?

- 8 ounces (1 cup) of lowfat milk or yogurt
- 1 ½ ounces of natural cheese, 2 ounces processed cheese
- 1 cup of pudding made with lowfat milk



**What is lowfat dairy?** Milk or products made from 1% or skim milk.

## Trouble digesting dairy?

Lactose is the natural sugar found in milk. Some people have difficulty digesting lactose. Many people with lactose intolerance can drink 1-2 cups of milk each day.

- It will help to drink lowfat milk and eat something with it.
- Try lowfat yogurt or cheese, which have less lactose.
- You may also try lactose-reduced or lactose-free dairy products.
- You can take a supplement of lactase, the enzyme that digests lactose, when you eat or drink dairy products.
- Fortified soy milk can be used. Choose fortified products that have 30% of the Daily Value (DV) of calcium.

